

CALLING ALL FOODIES!

The "MCL Spice of the Month Club" is a monthly "take-and-make" kit featuring a variety of unique spices, herbs, or blends. Included in each kit will be information about the featured spice, its history and fun facts, two simple recipe suggestions, and a small packet of the featured spice with enough for two recipes.

Once you have created your culinary masterpiece at home, we'd love you to share photos of your successes (and fails), opinions, tips, and love (or not) of the spice of the month on the Library's

Facebook page using:

@MukwonagoLibrary.

You can always email your pictures and thoughts to us at

info@mukwonagolibrary.org

Spice of the Month Kits are free, but supplies are limited. Please, only one kit per household.



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SPICE

Of the Month

CLUB



Lavender

Lavender has been celebrated around the world for millennia. Its flavor and aroma are instantly recognizable, which makes it a perfect unexpected culinary herb. Indigenous to the countries bordering the western European part of the Mediterranean region, lavender found its way to America sometime after the first European settlers.

Lavender is a member of the mint family, but not all lavender should be used in food. Culinary lavender (*the kind included in this sample*) is typically cultivated from *Lavandula angustifolia* plants (commonly known as English or "true" lavender) and has a lot less oil than the aromatic lavender used in perfumes or soaps.

Culinary Lavender has a sweet, floral flavor, with lemon and citrus notes. Mellow but assertive, lavender rides on rich flavors and textures while giving them a much needed lift. It pairs really well with rich and fatty foods because it cuts through and lifts the overall flavor.

FUN FACTS

- Ancient Greeks and Romans bathed in lavender water and it was from the Latin word "lavo" meaning "to wash" that the herb took its name.
- Queen Elizabeth 1 drank lavender tea to help ease her migraines and used it as a perfume.
- Lavender has been shown to prevent infection, reduce inflammation, and eliminate dandruff.

Lavender Lemon Shortbread

Prep Time: 1 hour
Cook Time: 8-10 mins.
Servings: About 18 cookies



These Lemon Lavender Shortbread Cookies are rich and buttery with a little hint of spring and summer! They've got a delicious balance of lemon and lavender flavor! To add extra sweetness, the cookies are rolled with lemon-scented sugar before heading into the oven.

INGREDIENTS

- 1/2 cup butter, room temperature
- 1/3 cup powdered sugar
- Zest of 2 lemons, divided
- 1/2 teaspoon culinary lavender buds, ground or chopped finely
- 1 teaspoon vanilla extract
- Pinch of salt
- 1 cup all-purpose flour
- 2 tablespoons granulated sugar

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, beat together the butter, powdered sugar, zest of 1 lemon, lavender, vanilla, and salt until the mixture looks like a coarse sand. Mix in the flour until the dough comes together.
3. Shape dough into a disk and wrap tightly in plastic wrap. Refrigerate for 30 minutes.
4. In a small bowl, mix together the remaining lemon zest and granulated sugar with your fingers until fragrant. Set aside.
5. On a lightly floured surface, roll out shortbread until 1/4-inch thick. Sprinkle on the lemon-scented sugar and lightly press it into the shortbread with the rolling pin. Cut out shapes and transfer to a baking sheet.
6. Bake for 8-10 minutes or until lightly browned around the edges.

Recipe Source

www.pastryaffair.com/blog/lavender-lemon-shortbread

French Lemonade with Lavender

Prep Time: 10 mins. Cook Time: 5 mins.
Servings: 1



Unlike American lemonade which can be almost sickly sweet with sugar, French lemonade is a wonderful blend between clean lemon flavors, lightly sweetened with a lemon-lavender simple syrup. The lemon-lavender simple syrup need not be limited to this lemonade. It would be wonderful in light cocktails too!

INGREDIENTS

Ingredients for Lemon-Lavender Simple Syrup

- 1 cup water
- 1 cup ultra fine granulated sugar
- Zest from 1 large lemon
- 1 tablespoon culinary lavender

Ingredients for 1 serving French Lemonade with Lavender:

- Juice of one small lemon, (about 1 ounce)
- 3 tablespoons lemon-lavender simple syrup
- Crushed ice
- Still or sparkling water to fill

DIRECTIONS

Directions for Lemon-Lavender Simple Syrup:

1. Combine all ingredients for the syrup into a medium saucepan and bring just to a boil over medium-high heat, stirring to dissolve sugar. Remove from heat.
2. Allow to sit/steep for one hour. Strain mixture through a fine-mesh sieve and discard the lavender and lemon zest. Store sealed in the refrigerator for use.

Directions for 1 serving French Lemonade with Lavender:

- In a highball glass, combine 2 tablespoons lemon-lavender simple syrup and 2 tablespoons freshly squeezed lemon juice; stir. Fill the glass with ice. Fill with sparkling or still water. Garnish with lemon if desired.

Recipe Source

www.boulderlocavore.com/cafe-and-casual-dining-in-paris-and-french-lemonade-with-lavender-recipe